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ABSTRACT

The Alcohol Education Discipline Program (AEDP) is a program offered as a service to the Office of Student Life at Central Michigan University. Students are required to attend the program's five 50-minute sessions as a condition of disciplinary probation for alcohol-related infractions of the Student Code of Conduct. This paper reports reactions of the 59 students who participated in the program during the 1986-1987 academic year. It also presents a summary of the AEDP goals, procedural information, and topics covered for each of the four program sessions and the individual meeting with a group leader or co-leader. A summary of participant reactions to their experience in the AEDP program includes a description of the quantitative data for participants during the year and summarized individually by semester. Verbatum transcripts of participants' reactions to evaluation questions are also presented. Results are reported which suggest that students found the group experience useful: (1) participants' written reactions to the group were positive; (2) no significant negative effects of group participation were mentioned; (3) most participants reported that they had input into the topics covered, were treated with respect, and found the individual meeting helpful; and (4) of the 59 participants, 57 reported that they had examined their own personal use of alcohol as a result of participating in the program. (NB)

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EVALUATION OF THE ALCOHOL EDUCATION DISCIPLINE PROGRAM (AEDP) FOR THE 1986-87 ACADEMIC YEAR

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and

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ALCOHOL ABUSE INTERVENTION AND PREVENTION PROGRAM

CG 020693

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Evaluation of the Alcohol Education
Discipline Program (AEDP)
for the 1986-87 Academic Year

Introduction

This paper reports reactions of participants in the Alcohol Education Discipline Program (AEDP) during the 1986-87 academic year. Also presented is a summary of program goals, procedural information, and topics covered for each of the four program sessions and the individual meeting with a group leader or co-leader.

The AEDP is offered as a service to the Office of Student Life. Fifty-nine students completed the five session program. Students were required to attend the program as a condition of disciplinary probation for alcohol related infractions of the Student Code of Conduct. All sessions were 50 minutes long. Groups were led or co-led by the Coordinator of the Alcohol Abuse Intervention and Prevention Program (AAIPP), RHD interns, or AAIPP interns or student educators.

Program Goals

The goals of the AEDP are the following:

1. Provide an educational approach to supplement discipline for students who have alcohol-related infractions of the Student Code of Conduct.

2. Participants will explore the role of alcohol consumption in their own lives as a primary focus of the group. This will include their reasons for alcohol usage, the effects of alcohol usage, the role of alcohol in the lives of family members, friends and society as a whole.

3. Provide alcohol education information to participants. This will include information about the physiological and psychological effects of alcohol usage, responsible drinking and a discussion of various levels of drinking (non-drinker, moderate/responsible, problem, psychologically dependent, physiologically dependent).

4. Participants will be encouraged to assess the degree to which they believe their alcohol consumption is problematic. They will also learn what treatment options are available for themselves and others.

5. This is an educational group and not counseling or psychotherapy of individual participants.

Procedural Information

Procedural information relevant to the AEDP includes the following:

1. Participants will be referred to the group by the CMU Proceedings Officer. At the time of referral the Proceedings Officer will inform the student that group sessions will be held at the

Counseling Center. The Proceedings Officer will also inform the student of group meeting times and the consequences of not participating.

2. Only attendance information and whether or not the student completed the program will be reported back to the Proceedings Officer.

3. Other than the above information, what goes on in the group will be confidential and will not be disclosed to the Office of Student Life or elsewhere without the student's written permission. Confidentiality applies to all discussions within the group, discussions with group leaders or co-leaders, journals, testing, self-assessment exercises, etc.

4. The group will meet for 50 minutes, once a week, for four weeks. There will be an additional individual meeting with a group co-leader between the second and fourth group sessions. During this meeting the role of alcohol use in the group participant's life will be explored. A semi-structured format will be followed. Written assignments may be required. Group membership will be kept as small as possible within the limits of our human resources.

General Philosophy of AEDP Sessions

For all sessions it is important for the group leader(s) to strive to make this a useful and educational experience for participants. Participants should be treated in a non-judgemental and respectful manner and allowed a maximum amount of input into the material covered by the group. Lecture needs to be kept to a minimum and discussion and interaction among group members encouraged. Right at the beginning of the group, it needs to be made clear that participants are not going to be told they should not drink alcohol. This is what group members expect. Rather, drinking is an individual decision and individuals should educate themselves sufficiently so they can make good decisions for themselves regarding use or non-use of the drug alcohol. The value that abusive drinking is inappropriate and irresponsible will be presented.

AEDP Sessions

The following, in outline form, summarizes the material covered during the four AEDP group sessions and individual meeting with a group leader or co-leader. This is the basic core of material covered across all groups. Specific groups will vary to accommodate the interests and needs of each group.

A. Session 1

1. Introduction of each other

2. Description of events that led up to attending the group

3. Expression of feelings (positive or negative) about attending the group

4. Discussion of observations of problems associated with alcohol

usage by friends, family members and others

5. What specifically would you like to get out of the group

6. Hand out reading material on alcohol issues

B. Session 2

1. Ask group what they would like to discuss today and attempt to include in discussion.

2. Discuss drinking typology.

   a. non drinker/abstain
   b. moderate/responsible drinking
   c. problem drinking
   d. psychologically dependent drinking
   e. physiologically dependent drinking

   Include in this discussion CMU data and the progression of the disease of alcoholism particularly as it relates to young people. (optional)

3. Hand out self assessment materials to be completed at end of session. (optional)

C. Session 3

1. Ask group what they would like to discuss today and attempt to include in discussion.

2. View film "Kevin's Story."

3. Discuss blood alcohol content (BAC) as it affects behavior, emphasizing driving.

   a. Complete alcohol effects exercise. (optional)

      1. List catch words for being intoxicated.
      2. Effects of alcohol in:
         - inhibitions
         - judgement
         - coordination
         - comotose
      3. Place words according to number.
      4. Use your own words to inform about yourself about your desired state of intoxication.
      5. Include in your discussion the amount of alcohol per drink, equivalence of different kinds of drinks, etc.

4. Discuss observations participants have made regarding alcohol usage by themselves or friends or family.

D. Session 4

1. Ask group what they would like to discuss today and attempt to

include in discussion.

2. View videotape "Project Graduation." (optional)

3. Discuss how to help a friend or family member who has a drinking problem.

   a. Document problem in writing over time.
   b. Write down what you want to say to friend or family member so as not to forget.
   c. Learn about alcohol problems and resources (e.g., outpatient, inpatient, self-help).
   d. Don't discuss this when person is drunk.
   e. Consult with a friend and/or a professional before talking with the person you are concerned about, to plan the intervention.
   f. Remember, the intervention might not work.
   g. Have only a small number of people (1-3) talk with the person in a private area where you will not be interrupted.
   h. Tell the person you care at the beginning of the conversation.
   i. Expect and let the person get angry and defensive as you begin your discussion without you reacting angry and defensive.
   j. Tell the person what you have observed, your concerns and where to get help. Discuss these concerns with the person and, if you are willing, accompany the person to a treatment site. If the person is willing to get help, move quickly as this motivation may diminish over time.
   k. If the person does not agree with you about the existence of the problem, don't argue. You may, however, continue your observation and documentation of problems and try again in a few months.

E. Individual meeting with group co-leader (between second and fourth group meeting)

   1. Rapport building

   2. Semi-structured assessment of group members drinking pattern with feedback

Evaluation Information

This report concludes with a summary of participant reactions to their experience in the AEDP program. First is presented a summary of the quantitive data for participants during the 1986-87 academic year and summarized individually by semester. Next, verbatum transcripts of participants' reactions to evaluation questions by AEDP group are presented.

Participants completed the evaluation questionnaire at the end of the last group session and returned it anonymously to the group leader or another person prior to leaving the group. Seven groups were completed during the academic year ranging in size from six to twelve participants.

In general, participants found the group experience useful. Of the 59 participants, 57 indicated that they had examined their own personal use of alcohol as a result of participating in this program. Fifty-one disagreed with the statement "The program was a waste of my time." Most participants felt they had input into the topics covered (n = 51), were treated with respect (n = 57), and that the individual meeting was helpful (n = 41, note that nine individuals did not respond to this item).

In general, participants written reactions to the group were positive and no significant negative effects of group participation were mentioned. Participants generally appeared to believe involvement in the AEDP was worthwhile and should be continued, though many felt they should not be required to do so.

FALL 1986
N=23

EVALUATION OF AEDP

1. To what extent did you examine your own personal use of alcohol as a result of participating in this program?

1	2	3	4	
not at all	a little	somewhat	a great deal	blank
n=0	n=7	n=11	n=3	n=1

To what extent do you agree or disagree with the following statements? (SD = strongly disagree, D = disagree, A = agree, SA = strongly agree):

2. The leader(s) treated group members with respect.

1	2	3	4
SD	D	A	SA
n=0	n=0	n=6	n=16

3. The program was educational rather than punishing in orientation.

1	2	3	4
SD	D	A	SA
n=0	n=0	n=15	n=7

4. The program was a waste of my time.

1	2	3	4
SD	D	A	SA
n=3	n=15	n=3	n=1

5. Group members had input into what topics were covered.

1	2	3	4
SD	D	A	SA
n=0	n=2	n=14	n=6

6. The homework assignments were useful.

1	2	3	4	
SD	D	A	SA	blank
n=2	n=2	n=16	n=0	n=2

7. The length of the group sessions were:

1	2	3	4	5
way too long	a little long	about right	a little brief	way too brief
n=1	n=4	n=17	n=0	n=0

8. The individual meeting with the group leader was helpful.

1	2	3	4	
SD	D	A	SA	blank
n=1	n=6	n=11	n=2	n=2

9. What, if any, effect has participating in this program had on your use of the beverage alcohol?

10. List any positive outcomes you may have experienced as a result of participating in this program.

EVALUATION OF AEDP

1. To what extent did you examine your own personal use of alcohol as a result of participating in this program?

1	2	3	4	
not at all	a little	somewhat	a great deal	blank
n=0	n=3	n=15	n=16	n=1

To what extent do you agree or disagree with the following statements? (SD = strongly disagree, D = disagree, A = agree, SA = strongly agree):

2. The leader(s) treated group members with respect.

1	2	3	4
SD	D	A	SA
n=0	n=0	n=7	n=28

3. The program was educational rather than punishing in orientation.

1	2	3	4
SD	D	A	SA
n=0	n=0	n=14	n=21

4. The program was a waste of my time.

1	2	3	4
SD	D	A	SA
n=11	n=22	n=2	n=0

5. Group members had input into what topics were covered.

1	2	3	4
SD	D	A	SA
n=0	n=3	n=19	n=12

6. The homework assignments were useful.

1	2	3	4	
SD	D	A	SA	blank
n=1	n=4	n=8	n=3	n=19

7. The length of the group sessions were:

1	2	3	4	5
way too long	a little long	about right	a little brief	way too brief
n=0	n=2	n=32	n=1	n=0

8. The individual meeting with the group leader was helpful.

1	2	3	4	
SD	D	A	SA	blank
n=0	n=0	n=18	n=10	n=7

9. What, if any, effect has participating in this program had on your use of the beverage alcohol?

10. List any positive outcomes you may have experienced as a result of participating in this program.

EVALUATION OF AEDP

1. To what extent did you examine your own personal use of alcohol as a result of participating in this program?

1	2	3	4	
not at all	a little	somewhat	a great deal	blank
n=0	n=10	n=26	n=19	n=2

To what extent do you agree or disagree with the following statements? (SD = strongly disagree, D = disagree, A = agree, SA = strongly agree):

2. The leader(s) treated group members with respect.

1	2	3	4
SD	D	A	SA
n=0	n=0	n=13	n=44

3. The program was educational rather than punishing in orientation.

1	2	3	4
SD	D	A	SA
n=0	n=0	n=29	n=28

4. The program was a waste of my time.

1	2	3	4
SD	D	A	SA
n=14	n=37	n=5	n=1

5. Group members had input into what topics were covered.

1	2	3	4
SD	D	A	SA
n=0	n=5	n=33	n=18

6. The homework assignments were useful.

1	2	3	4	
SD	D	A	SA	blank
n=3	n=6	n=24	n=3	n=21

7. The length of the group sessions were:

1	2	3	4	5
way too long	a little long	about right	a little brief	way too brief
n=1	n=6	n=49	n=1	n=0

8. The individual meeting with the group leader was helpful.

1	2	3	4	
SD	D	A	SA	blank
n=1	n=6	n=29	n=12	n=9

9. What, if any, effect has participating in this program had on your use of the beverage alcohol?

10. List any positive outcomes you may have experienced as a result of participating in this program.

9. What effect, if any, has participating in this program had on your use of the beverage alcohol?

Group 1 N=8 Leaders: Ross Rapaport and Phyllis Mulroy

- Mine stayed the same.
- I am more aware.
- Has made me more aware of the fine line between social and problem drinking
- To just watch what really happens when drinking.
- Not much, but I do think a little more about my drinking habits.
- This program made me realize how dangerous alcohol is to your body. Also I understand now why some people drink.
- blank

Group 2 N=6 Leaders: Maureen Johnson and John Neph

- Realizing the behaviors of someone with an alcohol problem and knowing my limit
- Perhaps I think a little bit more about what I am doing.
- I'm more aware of the way I use alcohol.
- none
- Made me think a little more about the amount of my consumption.
- Not much because I don't drink a lot.

Group 3 N=9 Leaders: Ross Rapaport and Jill Baker

- none
- none
- It makes me take a hard look at how much and how many times I drink.
- I will be more aware of drinking now then in the past.
- Made me more aware of the problems which can arise from using alcohol.
- Trying to become more aware of the use and the effects
- I have become more aware of the effects of alcohol. I watch my consumption more closely.
- blank
- none

Group 4 N=8 Leaders: Matt Manker, Carlene Pantaro & Greg Altman

- none
- some
- nothing unusual
- Not much, but it may make me think a little bit.
- Made me think.
- It just helps you to take a look at your drinking.
- It has made me aware of the difficulties that I may get into through the use of alcohol.
- Educated me on alcohol.

Group 5 N=9 Leaders: Ross Rapaport and Sherri Look

- I thought about my own alcohol consumption.
- none

- In the beginning, I thought I wouldn't think twice about drinking, getting drunk, etc., but this program has made me look at myself when I'm drinking.
- I've drank less when I've gone out.
- Not much except I'm more conscious about it.
- It made me realize the consequences of what I was doing, so I could make up my mind if I wanted to drink or not.
- Not a whole lot of difference because I have never abused alcohol.
- None. I basically knew how to be a responsible drinker before I came in for treatment.
- I've learned a lot about drinking and driving and I am totally against it and I feel people should see the movie we saw.

Group 6 N=7 Leaders: Matt Manker, Sherri Look and Maureen Johnson

- Made me realize one of my friends has a drinking problem.
- Made me get over the fear and admit that "Yeh, I've been there too."
- To be aware of how it affects me and to watch how much I consume.
- I'm more aware of problem signs of drinking.
- It's made me look at my drinking behaviors and analyze them along with my friend's behavior.
- It had some effects on my drinking.
- Made me aware of my use of alcohol and its potential effects. Made me more conscious of the long run effects.

Group 7 N=12 Leaders: Ross Rapaport, Sherri Look, Matt Manker

- It made me realize that I might have a problem and that I should give more attention to my drinking habits.
- I now realize "knowing your limits" isn't enough - you need to follow those limits.
- I feel that I can have a good time without alcohol.
- No change, but I'm more aware of possible problems that can develop.
- It's made me think about my use a little bit more than before.
- I haven't been drinking as much as I used to.
- I think more about it and why I'm doing it.
- Made me more aware of how much I drink and my attitude.
- Made me more aware of what alcohol can do to me.
- Made me more aware at parties.
- none

10. List any positive outcomes you may have experienced as a result of participation in this program.

Group 1 N=8 Leaders: Ross Rapaport and Phyllis Mulroy

- Getting info on the effects of mixing drugs and also how to help those people.
- Ways to deal with people who have alcohol problems.
- Learning more facts. Spreading the word about drinking with others.
- I'm more aware about alcoholism. I know how to help my friends

who have problems.
- I don't feel the need to be drunk at parties anymore.
- Closer examination of alcohol use and abuse.
- knowledge

Group 2 N=6 Leaders: Maureen Johnson and John Neph

- Knowing where other people can get help and where I can send them for help.
- Think about what I am doing.
- I know how to confront someone with a drinking problem.
- I know more about the effects of alcohol on the body.
- blank
- blank

Group 3 N=9 Leaders: Ross Rapaport and Jill Baker

- blank
- blank
- Learned some facts about alcohol and learned signs of a drinking problem.
- More aware of drinking.
- Setting a limit on my consumption, be more responsible when driving, how to help someone.
- How to handle a problem if one should arise, how to recognize a problem.
- I feel more educated about the disease of alcoholism. I feel I will be a more responsible drinker.
- Learned a great deal, recognize alcohol is a problem in society.
- I've looked at my own use but currently don't see a problem.

Group 4 N=8 Leaders: Matt Manker, Carlene Pantano and Greg Altman

- Learned more about alcohol abuse.
- Made me aware of the effects of alcohol.
- blank
- what alcohol is
- Gets me up early so I can study also the movies on drinking and driving really had an effect on me.
- Increased knowledge of alcoholism.
- Awareness
- blank

Group 5 N=9 Leaders: Ross Rapaport and Sherri Look

- a better understanding of alcohol abuse and what to look for if a problem develops
- know more about the results of drinking and how to handle someone who is drunk
- how to get help for somebody
- learning to deal with problem drinkers and greater knowledge of chemical abuse
- I evaluated how I drink.
- realize the effects of drinking and driving and know how much alcohol I can handle
- aware of how alcohol affects me and how to help a drunk or person

with a problem
- They are too numerous to list.
- More educated and learned how to handle drunk people

Group 6 N=7 Leaders: Matt Manker, Sherri Look and Maureen Johnson

- Made me more aware of alcoholism.
- I feel I can judge myself on my actions as a result of preoccupation of alcohol.
- Know statistics about driving and how many people are on the roads at night while under the influence.
- more aware of problem drinking
- being aware of alcoholism so I can be more careful with my use.
- more educated in the field
- watching and noticing the behavior of others and myself

Group 7 N=12 Leaders: Ross Rapaport, Sherri Look, Matt Manker

- educated and good experience
- I realize I have the wrong reasons for drinking, I drink to get drunk. Now I can step outside myself and get a good look.
- I know about problem drinking and how to help someone.
- how to help a friend with a drinking problem
- blank
- I will be able to help my friend confront her problem
- blank
- better knowledge of alcohol and myself
- I don't drink as much.
- only drinking once a week
- education

11. List any negative outcomes you may have experienced as a result of participating in this program.

Group 1 N=8 Leaders: Ross Rapaport and Phyllis Mulroy

- blank
- besides lack of sleep, nothing
- the program began at 9:00 a.m.
- blank
- I missed time at work, I don't think it necessarily helped my drinking habits.
- none
- blank

Group 2 N=6 Leaders: Maureen Johnson and John Neph

- blank
- blank
- blank
- not just a question - answer, but a talk
- none
- blank

Group 3 N=9 Leaders: Ross Rapaport and Jill Baker

- blank
- It got to be too long so I took a negative attitude.
- blank
- none
- none
- blank
- none
- none
- none

Group 4 N=8 Leaders: Matt Manker, Carlene Pantano and Greg Altman

- I don't think I needed to be here.
- none
- blank
- none
- not enough sleep. Have to reevaluate my relationship with some of my friends.
- blank
- loss of valuable sleep
- blank

Group 5 N=9 Leaders: Ross Rapaport and Sherri Look

- none
- none
- blank
- none
- blank
- blank
- none
- none
- none

Group 6 N=7 Leaders: Matt Manker, Sherri Look and Maureen Johnson

- It made me feel guilty about drinking.
- none
- none
- none
- I should watch myself.
- The walk here

Group 7 N=12 Leaders: Ross Rapaport, Sherri Look, Matt Manker

- none
- blank
- blank
- blank
- none
- none
- none
- none

- none
- none
- none

12. What are your feelings at this time about participating in this program being a requirement of probation?

Group 1 N=8 Leaders: Ross Rapaport and Phyllis Mulroy

- I felt they should meet with the person first to decide if they need help. This is better than being thrown out.
- I think it was a very good idea.
- I think the University is right in offering programs.
- Was a good deal. Could really help.
- I broke the rules - so something had to come of it--but I just do not have the time for this program. I missed valuable time at work.
- It wasn't that bad, if it wasn't a requirement I'd still be interested in it.
- Necessary but educational, informative

Group 2 N=6 Leaders: Maureen Johnson and John Neph

- It's been fair.
- resentment
- It's a good idea but a lot of the material covered I already knew.
- no big deal
- Although I'm glad it's over I did learn things.
- I don't feel it should be because I'm not an alcoholic.

Group 3 N=9 Leaders: Ross Rapaport and Jill Baker

- I think it was a waste of my time.
- One session would be enough.
- I think it was fair.
- It was helpful.
- Made me more aware of alcohol.
- I'm glad I came to it.
- It was educational but occurred at an inappropriate time in the semester.
- It's o.k.
- It wasn't bad. The educational aspect was good.

Group 4 N=8 Leaders: Matt Manker, Carlene Pantano & Greg Altman

- I think it was necessary.
- Indifferent
- blank
- o.k.
- I think it's stupid because the reason I'm here, it's no big deal.
- I think it could help people with a problem.
- It was bearable. Irritating but bearable.
- I don't feel I needed it.

Group 5 N=9 Leaders: Ross Rapaport and Sherri Look

- I deserve it.
- I don't like it.
- It's not as bad as I thought it'd be.
- I feel it was a good and fair decision.
- It wasn't necessary.
- There should be a different way of picking people.
- It was a good idea.
- I really don't mind although Dr. Starner should review each case more carefully.
- Dr. Starner shouldn't be overzealous in putting people in this program.
- I didn't think it was necessary.

Group 6 N=7 Leaders: Matt Manker, Sherri Look, Maureen Johnson

- I don't feel I should be sent here. It was unfair.
- Good idea.
- It defined things better.
- I believe this was good for what happened.
- It was a good idea, I didn't really mind it.
- I'm glad I had the chance to learn this program about alcohol.
- It's good, I think everyone should be required to take a course, such as this one, as an elective for U.P. program at CMU.

Group 7 N=12 Leaders: Ross Rapaport, Sherri Look, Matt Manker

- It's a good program, very helpful and educational.
- It should be kept as a requirement for probation.
- I was mad at first, but found out I didn't mind it.
- It was good for me.
- It was positive.
- It was informative, not as bad as I thought it would be.
- It was useful in educating me. I didn't mind it.
- I enjoyed it.
- I feel they don't have the right to dictate what a person can and can't do. It's an infringement on personal rights.
- Didn't bother me.
- blank

13. What specific comments do you have for the group leaders?

Group 1 N=8 Leaders: Ross Rapaport and Phyllis Mulroy

- was well done
- Our leader was helpful and treated us with respect, which in turn helped us to voice our opinions freely.
- Some questions were unrealistic or not geared toward college students.
- blank
- more video materials, the discussion was weak, no one participated.
- Alcohol problem preventions was well covered
- blank

Group 2 N=6 Leaders: Maureen Johnson and John Neph

- Get everyone to share and not just a few people talk.
- I feel you did a good job.
- The group leaders were not able to get everyone to participate.
- Try to get everyone to talk.
- Well done.
- They did what they're supposed to.

Group 3 N=9 Leaders: Ross Rapaport and Jill Baker

- blank
- shorter
- well done
- Everything was handled well.
- was presented professionally and was very educational
- I liked the stand Ross took. He didn't have a holier than thou attitude.
- nothing
- well done
- very professional

Group 4 N=8 Leaders: Matt Manker, Carlene Pantano, Greg Altman

- blank
- helpful group leaders
- good job
- individual meeting
- blank
- I felt I could talk openly about anything.
- They handled it as expected.
- They gave real examples, were straight forward.

Group 5 N=9 Leaders: Ross Rapaport and Sherri Look

- I think they did a fine job, the sessions were very informative.
- Everything was well discussed.
- I liked the way she went about it, her attitude. She didn't make us feel like we were alcoholics.
- The whole program was set up well.
- blank
- well done
- Don't talk like your in a funeral home. Talk like a streetwise alcoholic.
- I thought the movies were good and she was a good leader because she could relate to us.

Group 6 N=7 Leaders: Matt Manker, Sherri Look, Maureen Johnson

- good job
- They did a hell of a job.
- They seemed well aware of what they talked about.
- They were very relaxed which made me feel relaxed. They were easy to talk to.
- It was a good format - supplying information, then discussing it.

- More talking with group members. Come in with an outgoing attitude.
- I believe the 3 group leaders did a great job making everyone feel comfortable and discussed in a tone of voice that anyone can relate to.

Group 7 N=12 Leaders: Ross Rapaport, Sherri Look, Matt Manker

- none
- The program went well. I especially liked how the group leaders related their personal experiences.
- They were interesting to listen to.
- none
- Everything was done well.
- I thought it all was well done.
- Good job. They didn't preach.
- I liked my individual meeting. Need to get the group to talk more.
- All was well done.
- Everything was handled well.
- blank

14. Are you planning on obtaining further assistance now or in the future concerning your alcohol used? ---yes ---no If yes, please explain.

Group 1 N=8 Leaders: Ross Rapaport and Phyllis Mulroy

- no
- Yes, if needed.
- no
- no
- no
- no

Group 2 N=6 Leaders: Maureen Johnson and John Neph

- no
- Yes, if I ever feel I have a problem I know where to seek assistance.
- no
- no
- no
- no

Group 3 N=9 Leaders: Ross Rapaport and Jill Baker

- no
- no
- no
- No, I don't feel I have a problem, but if I get one I will obtain further assistance.
- no
- Maybe, I've been thinking about it. I'm not sure. I still have to think about it some more.
- no

- no

Group 4 N=8 Leaders: Carlene Pantano and Greg Altman

- no
- no
- no
- no
- no
- no
- Yes, I will when needed.
- blank

Group 5 N=9 Leaders: Ross Rapaport and Sherri Look

- no
- no
- no
- no
- no
- no
- no
- no
- no

Group 6 N=7 Leaders: Matt Manker, Sherri Look, Maureen Johnson

- no
- no
- no
- no
- no
- no
- no

Group 7 N=12 Leaders: Ross Rapaport, Sherri Look, Matt Manker

- Yes, if I deserve the consequences for my behavior.
- no
- no
- no
- no
- no
- no
- Yes, I think I need to know more about it.
- depends
- blank

15. In general, what kinds of information did you talk about in your individual meeting with your group leader?

Group 1 N=8 Leaders: Ross Rapaport and Phyllis Mulroy

- Talked about how drinking affects my life.
- blank

- personal use
- aspects of drinking
- We talked about her job, it was interesting.
- About what and why I drink and how it affects me.
- The reason for the meetings.

Group 2 N=6 Leaders: Maureen Johnson and John Neph

- effects of alcohol, ways to help someone with a problem
- who is an alcohol abuser
- the effects of alcohol emotionally and physically
- the questionnaire
- alcohol consumption
- drunk driving

Group 3 N=9 Leaders: Ross Rapaport and Jill Baker

- blank
- alcohol
- what alcohol meant to me, what it could do to my life
- I just answered questions
- personal use
- about my dad and his and mine usage
- If I had a problem, how to help others.
- drunk driving
- my alcohol consumption

Group 4 N=8 Leaders: Carlene Pantano and Greg Altman

- blank
- alcoholism
- haven't had it yet
- what alcohol is
- education
- blank
- personal use
- blank

Group 5 N=9 Leaders: Ross Rapaport and Sherri Look

- recognizing a problem
- blank
- haven't had it yet
- personal habits and family history
- drinking habits
- didn't have it yet
- how I use alcohol and how much
- drinking habits, friends, family alcohol use, blackouts
- drinking, family history, my feelings

Group 6 N=7 Leaders: Matt Manker, Sherri Look, Maureen Johnson

- self evaluation of situations
- how I handle myself at parties
- how to help a friend with a problem
- about the 20 questions

- about personal consumption
- personal experiences in general

Group 7 N=12 Leaders: Ross Rapaport, Sherri Look, Matt Manker

- having a drinking problem and confronting it
- family history, I'm going to have to talk to my parents about their drinking.
- individual use of alcohol
- drinking habits
- haven't done it yet
- my best friends drinking problem
- my personal habits
- my experiences and information available
- all kinds of good stuff
- not yet
- blank

16. Is there a history of alcohol abuse/substance abuse in your family? yes no If yes, please briefly describe:

Group 1 N=8 Leaders: Ross Rapaport and Phyllis Mulroy

- yes
- yes, grandfather
- yes, my father
- yes
- no
- no
- no

Group 2 N=6 Leaders: Maureen Johnson and John Neph

- no
- no
- no
- no
- no
- no

Group 3 N=9 Leaders: Ross Rapaport and Jill Baker

- no
- no
- yes, uncle recovering alcohol
- no
- no
- yes, father, grandfather
- no
- Yes, Father was an alcoholic 8 years ago, recovered.
- no

Group 4 N=8 Leaders: Carlene Pantano and Greg Altman

- yes, grandfather
- yes

- no
- yes
- no
- not reported
- no
- no

Group 5 N=9 Leaders: Ross Rapaport and Sherri Look

- no
- no
- no
- Yes, my uncle, not sure what happened with him.
- yes, alcoholic uncle
- no
- no
- no
- Yes, just my uncle who died from the use of alcohol.

Group 6 N=7 Leaders: Matt Manker, Sherri Look, Maureen Johnson

- no
- no
- no
- no
- no
- no
- no

Group 7 N=12 Leaders: Ross Rapaport, Sherri Look, Matt Manker

- Yes, my father is considered an alcoholic by my mother. That's why they are divorced.
- Yes, my parents are consistent drinkers (every night, without exception).
- Yes, my uncle is a recovered alcoholic.
- no
- no
- no
- Yes, my uncle was an alcoholic.
- Yes, my father is a recovering alcoholic.
- no
- no
- Yes, grandfather died an alcoholic.

17. Sex____ Year in School____ Age____ GPA____

Group 1 N=8 Leaders: Ross Rapaport and Phyllis Mulroy

- female, age 19, sophomore, GPA = 2.5
- male, age 19, sophomore, GPA = 2.45
- female, age 19, sophomore, GPA = 2.98
- male, age 20, junior, GPA = 2.8
- female, age 21, senior, GPA = 3.64
- female, age 19, sophomore, GPA = 2.5
- male, age 21, junior, GPA = 2.5

Group 2 N=6 Leaders: Maureen Johnson and John Neph

- female, age 19, sophomore, GPA = 2.0
- male, age 19, sophomore, GPA = 3.0
- female, age 20, junior, GPA = 3.2
- male, age 20, junior, GPA = 3.1
- female, age 19, sophomore, GPA = 2.74
- female, age 19, sophomore, GPA = 2.4

Group 3 N=9 Leaders: Ross Rapaport and Jill Baker

- male, age 19, sophomore, GPA - not given
- male, age 20, sophomore, GPA = 3.0
- male, age 20, sophomore, GPA = 2.8
- male, age 20, junior, GPA = 2.5
- male, age 21, junior, GPA = 2.9
- male, age 21, junior, GPA = 2.5
- female, age 21, junior, GPA = 3.5
- male, age 19, sophomore, GPA = 2.8
- male, age 19, sophomore, GPA = 3.5

Group 4 N=8 Leaders: Matt Manker, Carlene Pantano, Greg Altman

- male, age 19, sophomore, GPA = 2.10
- male, age 20, sophomore, GPA = 2.5
- male, age 20, junior, GPA = 3.2
- male, age 20, sophomore, GPA = 2.5
- male, age 19, freshman, GPA 2.7
- male, age 18, not reported
- male, age 19, freshman, GPA = 2.4
- male, age 19, sophomore, GPA = 3.0

Group 5 N=9 Leaders: Ross Rapaport and Sherri Look

- male, age 19, freshman, GPA = 2.1
- male, age 20, sophomore, GPA = 2.2
- female, age 19, sophomore, GPA = 2.3
- male, age 18, freshman, GPA = 2.3
- male, age 19, freshman, GPA = 3.46
- male, age 18, freshman, GPA = 2.3
- male, age 18, freshman, GPA = 2.8
- male, age 19, freshman, GPA = 3.1
- not reported

Group 6 N=7 Leaders: Matt Manker, Sherri Look, Maureen Johnson

- male, age 19, sophomore, GPA = 2.3
- male, age 19, sophomore, GPA = 2.4
- male, age 20, sophomore, GPA = 2.9
- male, age 19, sophomore, GPA = 2.4
- male, age 19, sophomore, GPA = 3.7
- male, age 22, senior, GPA = 2.6
- male, age 21, junior, GPA = 2.4

Group 7 N=12 Leaders: Ross Rapaport, Sherri Look, Matt Manker

- male, age 19, sophomore, GPA = 2.2
- male, age 18, freshman, GPA = 3.7
- female, age 20, sophomore, GPA = 2.5
- male, age 19, sophomore, GPA = 2.1
- female, age 18, freshman, GPA = 2.7
- female, age 19, freshman, GPA = 2.0
- male, age 18, freshman, GPA = 3.62
- male, age 21, senior, GPA = 2.4
- male, age 19, freshman, GPA - not reported
- male, age 20, sophomore, GPA - 3.0
- male, age 20, sophomore, GPA = 3.0